

Introduction

Chronic diseases such as cancer, diabetes, heart disease, and stroke account for 70% of all deaths in the United States, and more than 90 million people in the United States live with chronic illnesses. Through proper intervention and prevention programs, however, chronic diseases are among the most preventable of all health problems. The Centers for Disease Control and Prevention (CDC) developed this document to provide examples of state-based programs that make a sustained contribution to reducing the burden of chronic disease in the United States.

State chronic disease directors, state prevention program coordinators, and CDC staff selected these examples, which range from community-based demonstration projects to the reform of state policies. In order to be selected, programs had to be based on strong research, demonstrate innovative approaches, or yield positive, measurable outcomes. These examples showcase urban and rural programs, as well as programs that reach diverse audiences or reduce disparities in accessing preventive care services.

The following programs also represent capacity building and basic implementation CDC-funded states, as well as community demonstration projects, and it is important to understand the differences.

- **Capacity building** (formerly known as core) funding strengthens the capacity of states through the development of a state team, a state plan, partnerships, and a program design to assess and reduce the burden and disparities in chronic diseases and associated risk factors, including the piloting of prevention and control interventions and delivery strategies.
- **Basic implementation** (formerly known as comprehensive) funding, through work with partners, establishes public policies that support health promotion, systems changes, environmental interventions, and social marketing and communications efforts at the state and local levels. States may establish systematic community and environmental interventions in high-priority communities, reaching high-risk groups, and then share what is learned locally, throughout the state, and with other states.
- **Community demonstration projects** are local, innovative interventions with a significant evaluation component to determine whether these types of programs should be implemented broadly statewide or nationally.

By sharing these exemplary programs, CDC hopes that other states will be able to use these unique approaches and successfully enhance chronic disease prevention efforts at the state and local levels.

CDC's Role in These Exemplary State Programs

As the nation's prevention agency, CDC has a mandate to prevent unnecessary death, disease, and disability. CDC's National Center for Chronic Disease Prevention and Health Promotion works to ensure that advances in basic scientific and behavioral research are put into practice. Key scientific findings must be applied, evaluated and reflected in state and local health policies and widely adopted as community practices across the country. CDC's goal is to apply research findings in chronic disease prevention and control to people in communities across the country.

Critical to CDC's mission is providing support and assistance to states to develop comprehensive, sustainable, prevention programs to target the leading causes of death and disability such as heart disease, stroke, cancer, and diabetes and their principal risk factors including tobacco use, poor nutrition, and lack of physical activity.

Specifically, CDC provides

- Public health research to measure disease burden, identify populations at risk, target program efforts and evaluate program effectiveness.
- Scientific and technical expertise in such areas as epidemiology, program design, and evaluation.
- Public and professional education.
- Effective communications strategies to promote health.

CDC promotes state-based programs that encourage healthy behaviors and reduce chronic disease risk factors. These programs should be directed to populations at greatest need and build on a foundation of scientific evidence. Through its state and local health partners, CDC helps achieve healthier communities through effective policies and programs such as those highlighted in *State Programs in Action*.